



18-45 HILL PRIDE

THE HILL ACADEMY QUARANTINE PLAN

2020-2021



THE HILL ACADEMY QUARANTINE PLAN 2020

A warm welcome to our student-athletes who will join our on campus living program for the 2020/21 academic year! We are thrilled to have you as part of our new campus and are looking forward to beginning the school year with you.

Under the Quarantine Act, put in place by the Government of Canada, it is mandatory for all travellers arriving in Canada to quarantine for 14 days. Appendix H.

To begin this year with a quarantine is not what any of us had anticipated. We are working with our local health authorities to oversee the transition and understand that some of these measures may seem overwhelming and unfamiliar. We are taking every step to ensure a safe and comfortable transition to school. Please be proactive and do your part before arriving on campus. There are several requirements that are outlined in the following document. Please ensure that you review the document thoroughly and if you have any questions please contact the school.

These policies and protocols are dictated by the Government of Canada, Peel Public Health and the Ministry of Education and are in place to protect the entire community.

Thank you for your understanding, patience, and commitment in ensuring this process runs smoothly.

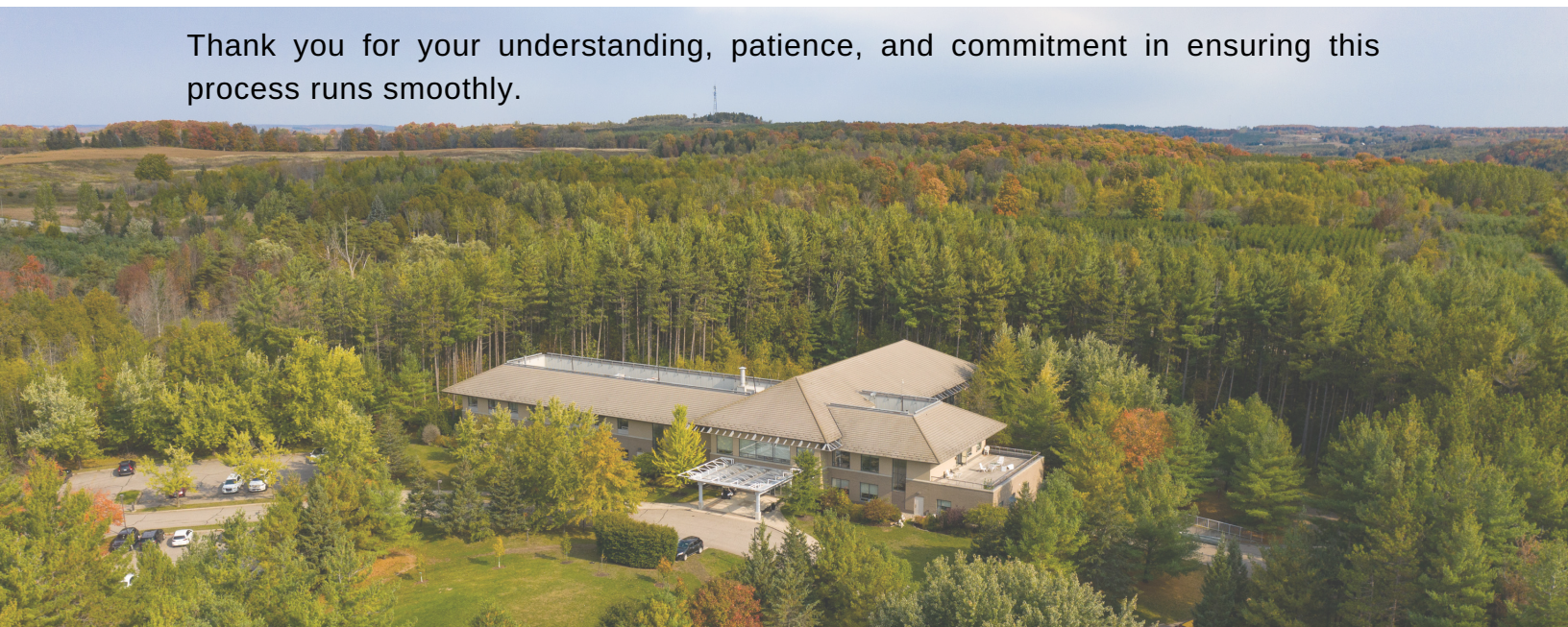


TABLE OF CONTENTS

Section A – Arrival to Canada

1. Arriving at the border	1
2. Transportation	2
a. To The Hill Academy	2
b. To an off-campus location	2

Section B – On Campus Quarantine

1. Living Spaces	3
2. Meals	3
3. Daily monitoring	5
4. Development of Symptoms	5
5. Other important information	6

Section C - Off Campus Quarantine

1. Living Spaces	7
2. Meals	8
3. Daily monitoring	8
4. Development of Symptoms	8
5. Other important information	9

Section D - Covid 19 Testing and End of Quarantine 10

Section E – Breaking of Quarantine 11

Section F – Outbreak Management during Quarantine 12

Section G – Appendices 14

Appendix A - Billet Quarantine Pledge

Appendix B – Student Quarantine Pledge

Appendix C - Hand Washing Instructions

Appendix D - Physical distancing: how to slow the spread of COVID-19

Appendix E - How to Safely use a non-medical mask or face covering

Appendix F –Cleaning and Disinfection of Public Settings

Appendix G – The Hill Covid 19 Screening Form

Appendix H - Covid-19-travellers-without-symptoms-returning-canada



SECTION A

ARRIVAL TO CANADA

Quarantine must begin no later than August 24th, 2020 for the beginning of school and January 3rd 2021 following Christmas Break. Please forward your travel plans/arrival time/and point of entry to cindy@thehillacademy.com.

A plan will be created to set a meeting location and exchange cell phone numbers to allow the student to laise with the person providing their transportation.

Prior to arriving at the border students must sign a pledge confirming their understanding of their pre-arrival and quarantine requirements. (Appendix B) This must be received by cindy@thehillacademy.com prior to your arrival date. If we have not received this document the student will not be picked up at the border.

1. Arriving at the Border

The Hill Academy will not allow students to have co-arriving immediate family members.

Students are encouraged to download the Government of Canada's ArriveCAN application prior to arrival at the border and complete the information required.

Within 48 hours of arrival, students must check-in through the ArriveCAN app or call 1-833-641-0343.

Students will meet the person who is supporting them with transportation in the designated location.

On arrival, students will be provided with a new medical mask by The Hill representative or their host designate and reminded to practice physical distancing and hand hygiene throughout travel.



SECTION A

ARRIVAL TO CANADA

2. Transportation

a. To The Hill Academy

Students will be transported from their point of entry (airport, border) by a Hill staff member. The Hill Staff member will always have a mask on and students must wear a mask while in transit. Car windows are always to remain open unless severe weather makes this unmanageable.

The car will be fully fueled and will travel directly to The Hill Academy without stopping unless there is an emergency. Students should ensure that they have used the washroom and had a snack prior to departure from the border/airport.

b. To a Billet Family

Students will be transported from their point of entry (airport, border) by a designated adult who will always have a mask on and students must wear a mask while in transit. Car windows are always to remain open unless severe weather makes this unmanageable.

The car will be fully fueled and will travel directly to the billet' without stopping unless there is an emergency. Students should ensure that they have used the washroom and had a snack prior to departure from the border.

c. Should there be an immediate medical emergency the student will be transported to the nearest emergency room for care, and the staff will be informed that the student has arrived from out of country.



SECTION B

ON CAMPUS QUARANTINE

1. Living Spaces

Current dorm students to store items in the equipment storage.

Dorm rooms will be emptied of all student possessions and sanitized and cleaned prior to arrival.

Students will be supervised by The Hill Academy Dons and Staff in a sectioned off portion of the dormitory. Signs will be posted blocking entry by any staff other than those who are delivering food or providing support.

Students will be assigned an individual dorm room that will serve as their accommodation for the duration of quarantine. Each room has a phone, bed, desk, clothing storage areas, and a personal washroom.

Special Request & Student-Athlete Contact: Please call Cindy Bush the school's administrative director for all needs/concerns or if you have a question during the hours of 9:00-4:00 Monday-Friday. Cindy can be reached by dialing extension #170 on your room's telephone. Also, parents may call the school directly at 519-941-9917 and ask to speak with their child and be transferred to their room extension directly.

On Campus Don's Ashley Cross and Brett Robinson will be available by cell phone for emergencies. Call or text if needed. Ashley Cross: 705-822-8934 Brett Robinson: 705-822-5211

Students are responsible to keep the rooms clean and sanitized during the quarantine. Supplies will be provided to each student.

Students may only use the bathrooms attached to their dormitory rooms. Students are encouraged to wash hands frequently, use sanitizer, avoid touching their face, and cover their mouth and nose with their arm when coughing or sneezing. See Appendix C.



SECTION B

ON CAMPUS QUARANTINE

There is no common indoor area.

There will be access allowed to outdoor space on campus during the hours of 4:00-9:00PM Monday-Friday and throughout the day Saturday and Sunday. These areas will be clearly identified and social distancing and masks must be observed in these areas. Supervision will be provided by The Hill Staff.

Students are not permitted to be in another student's dorm room during the quarantine period. If a student is found in another student's dorm, it will be considered a breaking of quarantine.

Students are only permitted to leave the quarantine location to seek medical assistance. Violators will be reported and may be subject to fines implemented by the Public Health Agency of Canada and/or school discipline.

2. Meals

Breakfast will be delivered at 9:00, Lunch at 12:00 and Dinner at 5:00 each day. They will be placed outside of the door to the student's dorm. Please ensure that all your garbage is placed in the garbage bins provided.

Please ensure proper hand washing practices are in place during mealtimes.

Appendix C

Snacks will also be available and provided throughout the day such as fresh fruits and healthy grab snacks.

Water dispensers will also be available to fill your water bottles. When moving to and from the water dispensers students must wear a mask and follow social distancing protocol.

Please notify lunch@thehillacademy.com of any food allergies or dietary concerns. All efforts will be made to accommodate these concerns with our catering company.



SECTION B

ON CAMPUS QUARANTINE

3. Daily monitoring

Daily Attendance: Each day during the 14-day quarantine, attendance will be taken both in the morning and evening. Please be prepared to stand outside your room at 9:00AM and 9:00PM for attendance. We will be ensuring that everyone is accounted for and have access to any support required. The staff member attending to this process will have a proper medical grade mask and will socially distance.

Students will report their symptoms through ArriveCAN app, online or by calling 1-833-641-0343 every day until the end of the 14-day quarantine.

4. Development of Symptoms

Students will monitor their symptoms for 14 days and if they experience symptoms (e.g. cough, shortness of breath, fever) they must report it through the app and inform the staff member on duty. Staff will then contact parents and Peel Public Health for further instructions. (1-866-797-0000)

If directed to receive a test this will be conducted on site through arrangements made by The Hill Academy staff.

If directed to go to seek medical treatment the student will be transported to the Headwaters Health Care Centre by van with both the student and driver wearing medical grade masks.



SECTION B

ON CAMPUS QUARANTINE

5. Other important information

a. Non-Covid Medical Attention

If it is an emergency the student or designated staff will call 911. For a non-emergency situation a Hill Academy staff member will use the van with both student and driver wearing medical grade masks and taken to the emergency room at the Headwaters health care centre.

b. Wifi

In order to connect to the The Hill Academy's wifi, choose the network "Hill Academy Student", and enter the password Sport5lif3!

c. Fire Procedures

Please review the Fire Safety Plan located by the door in your room.

d. Student Mental Health

A quarantine period is difficult for all students. Regular in person check ins will ensure that students have the opportunity to speak to an adult if they are having any issues. The following resources are also available.

Kids Help Phone - To start using the text service, text CONNECT to 686868.

Kids Help Phone – To call 1-800-668-6868

e. Fees

A fee will be charged for summer and winter quarantine.

Summer fees include: room and board, transportation, supervision, professional cleaning, and any testing costs.

Winter fees include: transportation and professional cleaning.

Please contact cindy@thehillacademy.com to arrange payment.



SECTION C

OFF CAMPUS QUARANTINE

Prior to the student arriving a parental member of the billet family must sign a pledge that states they will meet all requirements of the Off Campus Quarantine Plan. Appendix A

1. Living Spaces

Quarantine will be held in an individual bedroom that will be cleaned and sanitized prior to the arrival of the student.

Students rooms will have a bed, desk, clothing storage areas, access to wifi and access to a personal washroom. (If the student must leave their room to access the bathroom, they must practice social distancing and wear a mask.)

The billet parents will create a communication plan with the student's parents.

Students are responsible to keep the rooms clean and sanitized during the quarantine. Supplies will be provided to each student.

Students are encouraged to wash hands frequently, use sanitizer, avoid touching their face, and cover their mouth and nose with their arm when coughing or sneezing. See Appendix C.

Where available the student may be provided with an outside area, however both social distancing and masks are mandatory when moving to this area. See Appendix C and D. The student must be alone when in this area, and it must be cleaned by the student after use. See Appendix F.

Students are not permitted to be in any other areas of the house during the quarantine period.

Students are only permitted to leave the quarantine location to seek medical assistance. Violators will be reported and may be subject to fines implemented by the Public Health Agency of Canada and/or school discipline.



SECTION C

OFF CAMPUS QUARANTINE

2. Meals

Breakfast will be delivered at 9:00, Lunch at 12:00 and Dinner at 5:00 each day. They will be placed outside of the door to the student's bedroom door. Please ensure that all your garbage is placed in the garbage bins provided.

Please ensure proper hand washing and social distancing is in place during mealtimes.

Snacks will also be available and provided throughout the day such fresh fruits and healthy grab snacks.

Each student shall have access to a water supply during the day.

Please notify the billet family of any food allergies or dietary concerns. All efforts will be made to accommodate these concerns with our catering company.

3. Daily monitoring

The billet parents will be responsible for daily monitoring of their student for development of new symptoms, compliance with the quarantine, and ensuring their essential needs are met.

A Hill Academy staff member will contact the student a minimum of twice during the quarantine and have daily check ins with the billet family via email, text, or phone.

Students will report their symptoms through ArriveCAN app, online or by calling 1-833-641-0343 every day until the end of the 14-day quarantine.

4. Development of Symptoms

Students will monitor their symptoms for 14 days and if they experience symptoms (e.g. cough, shortness of breath, fever) must isolate themselves from others and inform the billet family. The family will then contact The Hill staff, parents, and Peel Public Health for further instructions. (1-866-797-0000)



SECTION C

OFF CAMPUS QUARANTINE

If directed to receive a test this will be conducted on site through arrangements made by The Hill Academy staff.

If directed to go to seek medical treatment the student will be transported to the Headwaters Health Care Centre by the school van with school personnel driving the van with both the student and driver wearing medical grade masks.

5. Other important information

a. Non-Covid Medical Attention

If it is an emergency the student or designated staff will call 911. For a non-emergency situation a Hill Academy staff member will use the van with both student and driver wearing medical grade masks and taken to the emergency room at the Headwaters health care centre.

b. Wifi

Wifi access will be provided to the student.

c. Fire Procedures

Please review the Fire Safety Plan provided by the billet family.

d. Student Mental Health

A quarantine period is difficult for all students. Regular in person check ins will ensure that students have the opportunity to speak to an adult if they are having any issues. The following resources are also available.

Kids Help Phone - To start using the text service, text CONNECT to 686868.

Kids Help Phone – To call 1-800-668-6868



SECTION D

COVID 19 TESTING AND END OF QUARANTINE

1. Covid 19 Testing

Following the quarantine period all students will have testing completed at The Hill Academy by a qualified health care professional.

2. Following Quarantine

The Hill Academy has partnered with Kinduct for a screening application. The hard copy of the online form is found as Appendix H and daily operations will be managed using The Hill Academy 2020-2021 Safety Plan.

Regular training has occurred for all faculty, staff and students. Regular communications are posted on the website and communicated in the newsletter.



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If the student remains at The Hill Academy, they would need to begin the 14 day period again at the full cost to their family.



SECTION F

OUTBREAK MANAGEMENT DURING QUARANTINE

Procedure if a Student tests positive to Covid-19 while quarantine

- If a test result for a residence student comes back positive for Covid-19, they will already be in quarantine and will remain in quarantine until released by Peel Public Health
- The school will provide all contact tracing records (see section on Contact tracing records) to Peel Public Health to determine if further steps need to be take.
- Any students will be checked on regularly by Jennifer Bell and the Dorm parents to monitor symptoms, mental health checks and tend to any needs
- Students will be able to tune into their classes remotely
- The Hill Academy will follow Peel Public Health's direction and students will only be released from quarantine once Peel Public Health has cleared them (beginning their 14 days again)
- Upon clearance from Peel Public Health the student(s) who were Covid-19 positive will need to be cleared by a Sport Medicine Physician and complete the Covid-19 Return to Play protocol prior to returning to their physical activities
- Once the students are released from quarantine a thorough cleaning and disinfection of the residence and affected rooms will take place

Students living with Billet Families

- Students living with Billet families will be expected to follow the protocol for our off-campus students
- In the event of a symptomatic student or positive Covid-19 case The Hill Academy will provide support to the Billet family



SECTION F

OUTBREAK MANAGEMENT DURING QUARANTINE

Van Protocol for Transporting Symptomatic Students

- In the event that a student who is reporting symptoms needs to be transported the Hill Academy van will be used
- The student and driver are to wear medical facemasks and any other needed PPE
- All windows in the van are to be opened and the student is to sit in the very back seat to maintain as close to the 2m physical distancing as possible
- Once the ride is complete the van will be thoroughly cleaned and disinfected

Communication Plan

- In the event of a positive Covid-19 case or outbreak, a communication plan to inform the relevant family and community members will be developed by Hill Academy leadership in conjunction with Peel Public Health

Local Covid-19 Assessment Centre

- Our local Covid-19 assessment centre is:
Headwaters Covid-19 Assessment Centre
140 Rolling Hills Dr
Orangeville, On

Mental Health

- During quarantine and any quarantining due to Covid-19 related symptoms the Dorm parents and Jennifer Bell will be completing regular mental health check ins
- During any quarantine period students will have access to internet and have their cell phones to have phone calls or virtual chats with family and friends
- A list of mental health resources will be given to students that includes:
Kids Help Phone – 1-800-668-6868
Good2Talk – 1-866-925-5454 or text GOOD2TALKON to 686868



SECTION G

APPENDICES

Appendix A - Billet Quarantine Pledge

Appendix B – Student Quarantine Pledge

Appendix C - Hand Washing Instructions

Appendix D - Physical distancing: how to slow the spread of COVID-19

Appendix E - How to Safely use a non-medical mask or face covering

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The Hill Academy Billet Family Quarantine Pledge

Date: _____

I _____ have fully reviewed and understand the protocols and expectations of the off-campus quarantine and transportation plan. I agree to meet all expectations and understand that there is an option for the student to complete their quarantine at The Hill Academy should I not be able to meet the expectations.

(signature)



The Hill Academy Student Quarantine

Pledge Date: _____

I _____ have fully reviewed and understand the expectations of the pre-arrival and quarantine expectation at The Hill Academy and I understand the consequences if I fail to meet these expectations.

(student signature)

(parent signature)

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.

- 1** Wet hands with warm water
- 2** Apply soap
- 3** For at least 20 seconds, make sure to wash:
- 4** Rinse well
- 5** Dry hands well with paper towel
- 6** Turn off tap using paper towel

Specific areas to wash:

- palm and back of each hand
- between fingers
- under nails
- thumbs

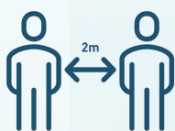
Public Health
Agence de la santé
Agency of Canada

Canada

1-833-784-4397 @canada.ca/coronavirus

PHYSICAL DISTANCING: HOW TO SLOW THE SPREAD OF COVID-19

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.



What does physical distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- ▶ avoiding crowded places and non-essential gatherings
- ▶ avoiding common greetings, such as handshakes
- ▶ limiting contact with people at higher risk (e.g. older adults and those in poor health)
- ▶ keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible



Remember to:

- ▶ wash your hands often for at least 20 seconds and avoid touching your face
- ▶ cough or sneeze into the bend of your arm
- ▶ avoid touching surfaces people touch often
- ▶ self-monitor for symptoms of COVID-19 including:
 - cough
 - fever
 - difficulty breathing

If you're concerned you may have COVID-19:

- ▶ separate yourself from others as soon as you have symptoms
- ▶ if you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- ▶ stay home and follow the advice of your Public Health Authority, who may recommend isolation
- ▶ call ahead to a health care provider if you are ill and seeking medical attention

NOTE: Some people may transmit COVID-19 even though they do not show any **symptoms**. In situations where physical distancing is difficult to maintain, wearing a **non-medical mask or face covering** (i.e. made with at least two layers of tightly woven fabric, **constructed** to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) provides a barrier between your respiratory droplets and the people and surfaces around you. It may also stop you from touching your nose or mouth, which is another way the virus can get into your body.



Here's how you can practise physical distancing:

- ▶ greet with a wave instead of a handshake, a kiss or a hug
- ▶ stay home as much as possible, including for meals and entertainment
- ▶ grocery shop once per week
- ▶ take public transportation during off-peak hours
- ▶ conduct virtual meetings
- ▶ host virtual playdates for your kids
- ▶ use technology to keep in touch with friends and family

If possible,

- ▶ use food delivery services or online shopping
- ▶ exercise at home or outside
- ▶ work from home



The Government of Canada has implemented an Emergency Order under the *Quarantine Act*. This order means that everyone who is entering Canada by air, sea or land has to stay home for 14 days in order to limit the spread of COVID-19. The 14-day period begins on the day you enter Canada.

- ▶ If you have travelled and have no symptoms, you must **quarantine** (self-isolate)
- ▶ If you have travelled and have symptoms, you must **isolate**

FOR MORE INFORMATION:

@ canada.ca/coronavirus

1-833-784-4397

ID 04-13-01 / DATE 2020.05.25



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

HOW TO SAFELY USE A NON-MEDICAL MASK OR FACE COVERING

DO'S



DO wear a non-medical mask or face covering to protect others.



DO ensure the mask is made of at least two layers of tightly woven fabric.



DO inspect the mask for tears or holes.



DO ensure the mask or face covering is clean and dry.



DO wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.



DO use the ear loops or ties to put on and remove the mask.



DO ensure your nose and mouth are fully covered.



DO replace and launder your mask whenever it becomes damp or dirty.



DO wash your mask with hot, soapy water and let it dry completely before wearing it again.



DO store reusable masks in a clean paper bag until you wear it again.



DO discard masks that cannot be washed in a plastic-lined garbage bin after use.

DO YOUR PART.

Wear a non-medical mask or face covering to protect others when you can't maintain a 2-metre distance.

NON-MEDICAL MASKS ARE NOT RECOMMENDED FOR:

- People who suffer from an illness or disabilities that make it difficult to put on or take off a mask
- Those who have difficulty breathing
- Children under the age of 2

DON'T JUDGE OTHERS FOR NOT WEARING A MASK.

Kindness is important as some people may not be able to wear a mask or face covering.

DON'TS



DON'T reuse masks that are moist, dirty or damaged.



DON'T wear a loose mask.



DON'T touch the mask while wearing it.



DON'T remove the mask to talk to someone.



DON'T hang the mask from your neck or ears.



DON'T share your mask.



DON'T leave your used mask within the reach of others.

REMEMBER, wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. You must also wash your hands often, practise physical distancing and stay home if you are sick.



Coronavirus Disease 2019 (COVID-19)

Cleaning and Disinfection for Public Settings

This document provides guidance on cleaning and disinfection of public settings, including schools, transit, colleges/universities and other workplaces in Ontario. For more information, please contact your local public health unit.

What you should know

- Commonly used cleaners and disinfectants are effective against COVID-19.
- Frequently touched surfaces are most likely to be contaminated.
- Use only disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.
- Check the expiry date of products you use and always follow manufacturer's instructions.

Clean frequently touched surfaces twice per day

- In addition to routine cleaning, surfaces that have frequent contact with hands should be cleaned and disinfected twice per day and when visibly dirty.
- Examples include doorknobs, elevator buttons, light switches, toilet handles, counters, hand rails, touch screen surfaces and keypads.
- In addition to routine cleaning, check with your organization for any specific protocols for cleaning for COVID-19.



Select products

Cleaners

- Break down grease and remove organic material from the surface.
- Used separately before using disinfectants.
- Can be purchased with cleaner and disinfectant combined in a single product.

Disinfectants

- Have chemicals that kill most germs.
- Applied after the surfaces have been cleaned.
- Have a drug identification number (DIN).

Disinfectant Wipes

- Have combined cleaners and disinfectants in one solution.
- May become dry due to fast drying properties. Should be discarded if they become dry.
- Not recommended for heavily soiled surfaces.

Prepare products for use

- Where possible, use pre-mixed solution.
- Read and follow manufacturer's instructions to:
 - properly prepare solution
 - allow adequate contact time for disinfectant to kill germs (see product label)
 - wear gloves when handling cleaning products including wipes
 - wear any other personal protective equipment recommended by the manufacturer

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. It can survive on different surfaces but can be killed by most cleaners and disinfectants.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus.

Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for environmental cleaning for prevention and control of infections in all health care settings [Internet]. 3rd ed. Toronto, ON: Queen's Printer for Ontario; 2018. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-environmental-cleaning.pdf>

The Regional Municipality of York, Community and Health Services. Proper cleaning and disinfection practices [Internet]. Newmarket, ON: The Regional Municipality of York; 2019. Available from: <https://www.york.ca/wps/wcm/connect/yorkpublic/928899a2-d56b-47af-a9a0-b6e62d8e0bb7/Proper+Cleaning+and+Disinfection+Practices.pdf?MOD=AJPERES&CVID=mVMtoGe>

The information in this document is current as of March 11, 2020

New Log Entry

[← BACK TO MY FORM](#)[hide settings](#)

COVID-19 Screening Form

Form

COVID-19 ... ▼

Members /
GroupsMembers /
Groups ▼ 1

Date

2020-10-

 REFRESH

1. * Do you knowingly have COVID-19?

- ☐ Yes
☐ No

2. *
Do you have any of the following **new or worsening** symptoms or signs?

- ☐ No Symptoms
☐ Headache / Fever

- ☐ Cough
- ☐ Shortness of Breath
- ☐ Chills, Muscle Aches, Nausea, Vomiting or Diarrhea
- ☐ Sore Throat / Difficulty Swallowing
- ☐ Runny Nose, Sneezing or Nasal Congestion
- ☐ Unexplained Fatigue
- ☐ Chest Tightness/Pain/Pressure
- ☐ Other

3. *
Have you travelled outside of Canada or had close contact with anyone that has travelled outside of Canada in the past 14 days?

- ☐ Yes
- ☐ No

4. *
Have you had close contact with anyone with respiratory illness or a confirmed or probable case of COVID-19?

- ☐ Yes
- ☐ No

**the Organization's
events or attending at
the Organization's
facilities.**

Enter Response

CANCEL

SUBMIT

5. What is your temperature today?

Minimum: 35.4 Maximum: 37 Previous: 35.8

Please indicate temperature in Celsius

6.

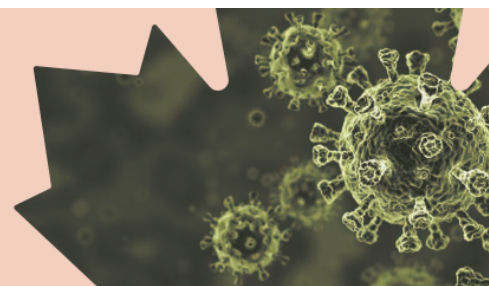
*

By signing below, the Participant or the Participant's Guardian agrees that while attending or participating in the Organization's events or attending at the Organization's facilities, the Participant:

Will follow the laws, recommended guidelines, and protocols issued by local State Government in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant's ability while participating in

Coronavirus disease (COVID-19)

You may have come into contact with the virus that causes COVID-19



Mandatory quarantine

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 in Canada. **You MUST QUARANTINE for 14 days, provide contact information and monitor yourself for symptoms subject to any Order made under the Quarantine Act imposing isolation or quarantine requirements upon entry.**

Your compliance is subject to verification and enforcement. Those in violation may face transfer to a quarantine facility, as well as fines and/or imprisonment. Keep this instruction handout to support your compliance with the requirements outlined below.

- › Ensure you have a **suitable place of quarantine** that has access to the necessities of life and is not shared with those at risk of more severe disease.
- › **Do not quarantine in places you can't separate yourself** from those who live with you. For example:
 - › in a group or communal living setting;
 - › in a household with large families or many people;
 - › in a shared small apartment, or have roommates who have not travelled with you; or
 - › at a camp, student dorm or other group setting where there is close contact and shared common spaces.
- › **Go directly to your place of quarantine** without delay and stay there for 14 days from the date you arrived in Canada.
- › You must wear a **suitable non-medical mask or face covering** while in transit, unless you are alone in a private vehicle.
- › **Practise physical distancing** at all times.
- › **Where possible, use only private transportation** such as a private vehicle to reach your place of quarantine.
- ✗ **Avoid contact with others** while in transit:
 - › Remain in the vehicle as much as possible;
 - › If you need gas, pay at the pump;
 - › If you need food, use a drive through;
 - › If you need to use a rest area, put on your mask and be mindful of physical distancing and good hygiene practices.

Some provinces and territories have additional travel restrictions

Please refer to the list of provincial and territorial websites on the back of this handout for more information.

You MUST monitor your health for 14 days

If you start experiencing any symptoms of COVID-19 (new or worsening cough, shortness of breath, fever equal to or greater than 38°C, chills, fatigue or weakness, muscle or body aches, new loss of smell or taste, headache, gastrointestinal symptoms like abdominal pain, diarrhea, vomiting; or feeling very unwell):

- › Isolate yourself from others;
- › Follow the COVID-19 instructions of the local public health authority (see back for contact information).

The 14-day period starts again if, during your quarantine period, you develop any signs and symptoms of COVID-19, including those noted above, or if you are exposed to another person subject to these Orders who exhibits signs and symptoms or tests positive for COVID-19.

- › For information on flights, cruise ships or trains (any public conveyance) where you may have been exposed to COVID-19 during recent travel, please refer to www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/exposure-flights-cruise-ships-mass-gatherings.html
- › For information on risk factors for increased exposure to COVID-19 and/or more severe disease or outcomes please refer to www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html



To help reduce the spread of COVID-19



Go directly to your place of quarantine, and avoid making any stops while in transit.



Check-in within 48 hours of arrival through the ArriveCAN app, online at <https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca> or call 1-833-641-0343.



Report your symptoms through the ArriveCAN app, online at <https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca> or call 1-833-641-0343 every day until the end of your 14-day quarantine.

What you can and cannot do during your 14-day quarantine

PROHIBITED during quarantine

- ✗ You may not leave your place of quarantine unless it is to seek time-sensitive medical services, or you have received authorization for a limited release from quarantine on compassionate grounds and stringently follow directives provided.
- ✗ You may not have any guests even if you are outside and stay 2m apart from them.
- ✗ Do not use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.

PERMITTED during quarantine

In your place of quarantine you may:

- › Live with family/friends who have not travelled with you provided you have a separate bedroom and bathroom, if possible.
- › Use shared spaces such as a kitchen, provided you:
 - › limit interactions with others in the household and wear a mask or face covering if a 2m distance cannot be maintained;
 - › thoroughly and regularly clean common areas after use.
- › Use private outdoor spaces (i.e. balcony)

RECOMMENDED during quarantine

- ➡ Wash your hands often with soap and warm water or use an alcohol-based hand sanitizer containing at least 60% alcohol.
- ➡ Avoid touching your face.
- ➡ Cover your mouth and nose with your arm when you cough or sneeze.

You will be called from 1-888-336-7735 to verify your compliance during your 14-day quarantine.

Note that you may also be contacted by provincial/territorial authorities throughout your 14-day isolation. If federal and provincial/territorial guidelines differ, you should follow the most precautionary and stringent requirements.

Public Health Authorities

Provinces and territories	Telephone number	Website
British Columbia	811	www.bccdc.ca/covid19
Alberta	811	www.myhealth.alberta.ca
Saskatchewan	811	www.saskhealthauthority.ca
Manitoba	1-888-315-9257	www.manitoba.ca/covid19
Ontario	1-866-797-0000	www.ontario.ca/coronavirus
Quebec	1-877-644-4545	www.quebec.ca/en/coronavirus
New Brunswick	811	www.gnb.ca/publichealth
Nova Scotia	811	www.nshealth.ca/public-health
Prince Edward Island	811	www.princeedwardisland.ca/covid19
Newfoundland and Labrador	811 or 1-888-709-2929	www.gov.nl.ca/covid-19
Nunavut	1-867-975-5772	www.gov.nu.ca/health
Northwest Territories	811	www.hss.gov.nt.ca
Yukon	811	www.yukon.ca/covid-19





FOR MORE INFORMATION
PLEASE CONTACT:

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